

Long Term P.E PLAN

School: St Margaret's CE Primary School				Coach: Sam Hotham		
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception 1 & 2	Physical Development Little Learners Spatial Awareness	Physical Development Little Learners Agility, Balance, Coordination	Physical Development Little Learners Hand/Foot Coordination	Dance Move freely in a range of ways, show coordination, imitate and create movement in response to music and feelings, use imagination, and show spatial awareness.	Physical Development Little Learners Athletics	Introduction to Attacking & Defending
Chamber Year 1/2	Dance <i>Musical Theatre</i> move body in time to music, mirror actions, coordinating arms and legs, perform a sequence in a group, evaluate and improve performances	Dance <i>Musical Theatre</i> move body in time to music, mirror actions, coordinating arms and legs, perform a sequence in a group, evaluate and improve performances	Fundamental Movements	Gymnastics <i>rolling Jumping, balancing, spinning, stretching</i>	Sending & Receiving <i>Throwing & Catching</i>	Athletics <i>Running, Jumping, Throwing,</i>
Fox Year 1/2	Dance <i>Move body in time to music, mirror actions, coordinating arms and legs, perform a sequence in a group, evaluate and improve performances</i>	Dance <i>Musical Theatre</i> move body in time to music, mirror actions, coordinating arms and legs, perform a sequence in a group, evaluate and improve performances	Fundamental Movements	Gymnastics <i>rolling, Jumping, balancing, spinning, stretching</i>	Sending & Receiving <i>Throwing & Catching</i>	Athletics <i>Running, Jumping, Throwing,</i>
Brook Year 2	Attacking & Defending Chasing, avoiding, invading, scoring	Sending & Receiving <i>Throwing & Catching, kicking, aiming passing, identify different types of pass</i>	Gymnastics <i>rolling, Jumping, balancing, spinning, stretching</i>	Dance Railways - George Stephenson (History) <i>Move the body in time to music, use simple movement patterns, mirror actions, coordinate arms and legs, perform a sequence in a group, evaluate and improve performances.</i>	Sending & Receiving <i>Throwing & Catching, kicking, aiming passing, identify different types of pass (Intro to Invasion Games)</i>	Athletics <i>Run, Throw, Jump, Coordination, Motion, Hurdles, Baton, Sprint, Speed, Race, Technique, Competition</i>

Twist Year 3	Invasion <i>Basketball</i> passing, dribbling, scoring, sending and receiving when on the move, know how to tackle, know rules of basketball	Netwall Tennis Coordination, simple shots, correct handling	Dance <i>Musical Theatre</i> move body in time to music, mirror actions, coordinating arms and legs, perform a sequence in a group, evaluate and improve performances	Gymnastics <i>Rolling, Jumping, balancing,</i> spinning, stretching, Sequences, symmetrical	Athletics <i>Running, Jumping, Throwing,</i> Competition,awareness of different events and equipment	Strike and Field Cricket Bowling, throwing, catching, batting, different shots depending on bowling, awareness of rules and tactics match play
Devon Year 3/4	Invasion <i>Netball</i> passing, dribbling, scoring, sending and receiving when on the move, know how to tackle, know rules of basketball	Netwall Tennis Coordination, simple shots, correct handling	Dance <i>Musical Theatre</i> move body in time to music, mirror actions, coordinating arms and legs, perform a sequence in a group, evaluate and improve performances	Gymnastics <i>Rolling, Jumping, balancing,</i> spinning, stretching, Sequences, symmetrical	Athletics <i>Running, Jumping, Throwing,</i> Competition,awareness of different events and equipment	Strike and Field Cricket Bowling, throwing, catching, batting, different shots depending on bowling, awareness of rules and tactics match play
Durban Year 4/5	Invasion <i>Basketball</i> passing, dribbling, scoring, sending and receiving when on the move, know how to tackle, know rules of basketball	Netwall Tennis Coordination, simple shots, correct handling and stance, serve, forehand and backhand, match play	Gymnastics <i>Rolling, Jumping,</i> balancing, spinning, stretching, Sequences, symmetrical and non-symmetrical, counter tension, tuck jumps from large apparatus, cartwheel	Athletics <i>Running, Jumping, Throwing,</i> Competition,awareness of different events and equipment	Dance Ancient Greeks - History Summer 2 Identify and repeat movement patterns, compose sections of dances, improvise with a partner, respond to stimuli, vary dynamics, demonstrate rhythm and spatial awareness, use simple dance vocabulary, perform with fluency and expression, watch and evaluate performances.	Strike and Field Cricket Bowling, throwing, catching, batting, different shots depending on bowling, awareness of rules and tactic

Heron Year 5/6	Invasion Handball <i>Passing technique, evading, scoring, control under pressure, making space and marking, understand individual roles and responsibilities (positions) apply tactics and formations, matchplay</i>	Tennis <i>Coordination, simple shots, correct handling and stance, serve, forehand and backhand, match play</i>	O.A.A Confidence, Trust, Decision Making, Challenge, Adventure, Compass, Navigate, Negotiate	Gymnastics <i>Rolling, Jumping, balancing, spinning, stretching, Sequences, symmetrical and non-symmetrical, counter tension, tuck jumps from large apparatus, cartwheel</i>	Dance Ancient Greeks - History Summer 2 Identify and repeat movement patterns, compose sections of dances, improvise with a partner, respond to stimuli, combine vary dynamics, levels and ways of travelling, demonstrate rhythm and spatial awareness, use complex dance vocabulary, perform with fluency and expression, watch and evaluate performances.	Athletics <i>Running, Jumping, Throwing, Competition, awareness of different events and equipment, relay sprint technique, throwing techniques-javelin+shot put</i>
Oak Year 6	Netwall Tennis <i>Coordination, simple shots, correct handling and stance, serve, forehand and backhand, match play</i>	Invasion Handball <i>Passing technique, evading, scoring, control under pressure, making space and marking, understand individual roles and responsibilities (positions) apply tactics and formations, matchplay</i>	O.A.A Confidence, Trust, Decision Making, Challenge, Adventure, Compass, Navigate, Negotiate	Gymnastics <i>Rolling, Jumping, balancing, spinning, stretching, Sequences, symmetrical and non-symmetrical, counter tension, tuck jumps from large apparatus, cartwheel</i>	Dance Rough & Tumble Identify and repeat movement patterns, compose sections of dances, improvise with a partner, respond to stimuli, combine vary dynamics, levels and ways of travelling, demonstrate rhythm and spatial awareness, use complex dance vocabulary, perform with fluency and expression, watch and evaluate performances.	Athletics <i>Running, Jumping, Throwing, Competition, awareness of different events and equipment, relay sprint technique, throwing techniques-javelin+shot put</i>
Mapel Year 6	Netwall Tennis <i>Coordination, simple shots, correct handling and stance, serve, forehand and backhand, match play</i>	Invasion Handball <i>Passing technique, evading, scoring, control under pressure, making space and marking, understand individual roles and responsibilities (positions) apply tactics and formations, matchplay</i>	O.A.A Confidence, Trust, Decision Making, Challenge, Adventure, Compass, Navigate, Negotiate	Gymnastics <i>Rolling, Jumping, balancing, spinning, stretching, Sequences, symmetrical and non-symmetrical, counter tension, tuck jumps from large apparatus, cartwheel</i>	Dance Rough & Tumble Identify and repeat movement patterns, compose sections of dances, improvise with a partner, respond to stimuli, combine vary dynamics, levels and ways of travelling, demonstrate rhythm and spatial awareness, use complex dance vocabulary, perform with fluency and expression, watch and evaluate performances.	Athletics <i>Running, Jumping, Throwing, Competition, awareness of different events and equipment, relay sprint technique, throwing techniques-javelin+shot put</i>